

Two Minute Quick Script:

## May 2014, #24 - Let's Talk Alcohol

**A couple of 40's is NOT a couple of beers. It is EIGHT beers.**

How do you know if you have a problem? Well, first if you thought a couple of 40's was a couple of beers!

Here are some thoughts to consider. They are called "CAGE" questions—these questions can help you figure out if you feel "caged" by your alcohol or drug use. Over the past year...

- **C** — Have you ever felt that you should **CUT** down on your drinking or drug use?
- **A** — Have people **ANNOYED** you by criticizing your drinking or drug use?
- **G** — Have you ever felt bad or **GUILTY** about your drinking or drug use?
- **E** — Have you ever had a drink or used a substance first thing in the morning to steady your nerves or get rid of a hangover (i.e., as an **EYE-OPENER**)?

### Who to Contact for Help

Here are some sources you can contact for help with substance issues.

- Call a health care provider (for example, your primary care doctor).
- Contact a psychologist, therapist/Integrated Behavioral Health System or Directors Psychological Health.
- Call your local VA hospital or Vet Center.
- Contact your local Alcoholic's Anonymous or Narcotics Anonymous.
- Contact a local mental health association.
- Talk with a spiritual counselor.
- Ask friends or family member who are clean and sober.

AND- never mix alcohol with prescription or over the counter medications. Whitney Houston drowned apparently from mixing her drugs with her medications with alcohol. There is no safe combination that puts medications in the same environment as alcohol.

"If you, your family, your Soldier, your Airman, your battle buddy or wingman need help, contact your Chain of Command or call the NCNG Integrated Behavioral Health System at 1-855-322-3848, anytime, for a free and confidential consultation with one of our licensed professionals."